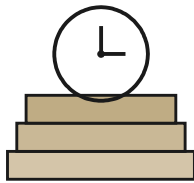




15-MINUTE-A-DAY READING PLAN

Squeezes meaningful reading into a packed week



15 MINUTES

FOR OC/SELECTIVE STUDENTS

For busy families who know reading matters
but struggle to find time

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THE PROBLEM & THE 3×5 RULE

Problem:

Coaching, homework, sport, music... the day is gone. You know your child should read, but there's "no time".

Reality:

You don't need 1 hour blocks. You need three 5-minute pockets – used properly.

THE 3×5 RULE

Instead of hunting for one giant reading block, use:

$$3 \times 5 \text{ minutes} = 15 \text{ minutes / day}$$

✓ 5 min in the car or bus

✓ 5 min during a transition (after dinner / before shower / waiting at coaching)

✓ 5 min at bedtime

Over one term:

- 15 min/day × 7 days = 1 hour 45 min / week
- ~7–8 hours per month
- That's a full novel or more every 2–3 weeks, without changing your timetable.

Key idea: Reading becomes a tiny ritual, not a major event.

WEEKDAY SCHEDULE (SCHOOL + COACHING DAYS)

MORNING / SCHOOL RUN - 5 MINUTES

Where: Car, bus, train, or walking

What: Keep a "car book" (light, fun): Treehouse, Wimpy Kid, Dog Man. Parent reads 2–3 pages aloud or take turns.

Script: *"We've got 5 minutes. Let's knock out 3 pages and see what happens next."*

TRANSITION SLOT - 5 MINUTES

Where: Before coaching, waiting for dinner, after shower

What: Use a "backpack book" (OC level): The Wild Robot, How to Train Your Dragon, Wonder. 5 minutes silent reading.

Mini-task (30 sec): "What's the most interesting thing that happened?" or "What new problem appeared?"

BEDTIME - 5 MINUTES

What: Same book as morning, or calmer story. Parent or child reads. End on a micro cliffhanger.

Script: *"We read until the next exciting bit, then stop. Tomorrow we find out what happens."*

Rule: *No pressure to read long. Consistency > length.*

WEEKEND SCHEDULE (LONGER FLEX, STILL LOW STRESS)

Weekends include: Coaching blocks, Sport/music, Family activities

Keep the 3×5 rule, but one block can stretch to 10–15 minutes if energy allows.

MORNING (AFTER BREAKFAST) – 5–10 MIN

- Slightly harder book (OC/Selective-level)
- Child reads; parent sits nearby
- Optional: write one sentence summary

AFTERNOON (CAR / TRAVEL) – 5 MIN

- Car/bus reading like weekdays – keep it light
- Or non-fiction snippets (kids' news, fact books)

EVENING (BEDTIME) – 5 MIN

- Continue main chapter book
- End with quick chat: "What will happen next?" "Who do you like/dislike?"

Weekend Bonus: If engaged, let one session extend to 15-20 minutes. But never force it.

EXAMPLE WEEKLY PLAN (MON-SUN)

DAY	MORNING (5 MIN)	TRANSITION (5 MIN)	BEDTIME (5 MIN)
MON-THU (Coaching Days)	Fun "easy" book (Wimpy Kid level)	OC "workhorse" book (Wonder, Wild Robot)	Same OC book, or calmer story
FRI (Lighter Day)	Fun book	Non-fiction article (5-10 min)	Continue main book or poetry
SAT-SUN (Weekend)	Main OC/Selective book (10 min)	Car/bus: fun or graphic novel	Parent read-aloud of harder text

BOOK CATEGORIES EXPLAINED

Car Book

Light, funny, engaging.
Treehouse series, Dog
Man, Real Pigeons

Main Book

OC/Selective level.
Wonder, Boy at Back of
Class, Wild Robot

Bed Book

Calmer stories, poetry, or same
as main book

Total weekly reading: 105 minutes (1 hour 45 min) without changing your schedule!

BALANCING COACHING & READING

"They're already doing 2 hours of coaching. Can they really handle more?"


THE REFRAME

Coaching = structured skill work | **This Plan** = light exposure that makes coaching easier

INTEGRATION STRATEGY

- **Heavy coaching days:** Keep all 3 blocks short (strict 5 min), lighter content
- **Lighter days:** Increase one block to 10–15 minutes with harder text

TRAFFIC LIGHT RULE

 **Green:** OK to push (harder book/longer block)

 **Yellow:** Stick to fun book, still do 5 min

 **Red:** Parent read-aloud only

The habit matters more than the intensity.


PRACTICAL HACKS TO MAKE IT STICK

1. THE THREE-BOOK SYSTEM



No "What should I read?" decisions. Grab the right book for the right slot.

2. VISIBLE TRACKER

- Print 30-day calendar, stick on fridge
- Tick  for 15 min reading
- **Reward:** Choose next book, movie night, special breakfast

3. PARENT SCRIPTS

"Just 5": *"Just 5 minutes. When timer rings, we stop."*

Choice: *"Car book or main book – you choose."*

Goals: *"5-minute reads daily do more than one giant Sunday cram."*

You're building a habit, not cramming content.

SAMPLE 7-DAY CHALLENGE

- ☐ **Day 1 (Mon):** Car book + Main book before coaching + Bedtime read-aloud
- ☐ **Day 2 (Tue):** Same as Monday
- ☐ **Day 3 (Wed):** Car: fun | Transition: main | Bed: poem + drawing
- ☐ **Day 4 (Thu):** Car: fun | Transition: non-fiction | Bed: main book
- ☐ **Day 5 (Fri):** Car: main | Transition: free choice | Bed: their choice
- ☐ **Day 6 (Sat):** Morning: 10 min main | Afternoon: fun | Bed: parent read-aloud
- ☐ **Day 7 (Sun):** Main + summary | Any reading | Celebrate & choose next book

Week 1 Success = 105 minutes!

That's 2-3 chapter books without disrupting your schedule.

After 7 days: "Which book do you want next week?"